

Abstract of the Disclosure

Exercise devices having a frame, and upper and lower force receiving members movably mounted on the frame and constrained to move in opposite directions. A resistance device is preferably interconnected between the frame and at least one of the force receiving members to resist movement of the members toward one another and/or to bias the members away from one another. The lower member is configured to support a person's feet, and the upper member is configured to support a person's hands and/or to engage a person's chest. The device facilitates a combination crunch and leg lift exercise that involves both a person's upper abdominal muscles and a person's lower abdominal muscles. The upper member may be resiliently supported in a manner that facilitates exercise of a person's oblique muscles, as well.